

New Rochelle Community Action:

I spoke to the New Rochelle Community Action yesterday. Below is a list of resources they recommended, for my biofeedback and rental-utility assistance goals.

Biofeedback

- Doctors' office
- Insurance company
- 1. Medicare/ Connect care
- 2. Health Savings Account Custodia
- 3. NY State of Health

Rental and Utility Assistance

- Department of Social Services

Note- I've reached out to them about a month ago, and they also suggested reaching out to an insurance company regarding transportation services.

(4/28/2025)